

kansas state collegian

Seen this statue?

Read about notable places
in Manhattan on page 5

Football fever

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12 preseason rankings on
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Dorm decorations

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cost-effective tips

Buying books

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of renting versus buying books

2012 back to school guide

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August 2012

back to school guide

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Notable alumni share memories, advice for current students



Beth Mendenhall graduated from K-State in 2011 with degrees in political science and philosophy. She won numerous awards on the K-State Debate Team, including the 2011 Cross-Examination Debate Association's national tournament, but she is perhaps best remembered as an opinion columnist for the Collegian.

1. Tell us a little about what you've been doing since graduation.

After graduation, I moved to Baltimore to attend a Ph.D. program in international relations at Johns Hopkins University. Since I'll be here for

five years and will no longer be traveling with the K-State Debate team, I decided to "settle down" and adopted two cats!

2. What is your favorite memory of K-State?

One time I was allowed to listen to "The Fourum" voicemail and type out all the messages for the Collegian — listening to the voices of students leaving incredibly random messages was hilarious.

3. What do you miss most about K-State or Manhattan?

The ability to ride my bike anywhere at any time. I was always 10-15 minutes away from everywhere I wanted to be. I also miss representing the university at national debate tournaments, especially after former President Wefald got us "K-State Debate" purple jumpsuits!

4. Was there a professor who inspired you?

Professor John Exdell of the philosophy department. He was an engaged, honest and an extremely helpful mentor to me while at K-State, even when I chose to pursue political science instead of philosophy. His "Philosophy and Race" course is interesting and illuminating, and I would recommend it to any K-State student.

5. Do you have any advice for incoming freshmen?

Don't underestimate the importance of every class session, every test, every grade and every professor. The biggest mistake you can make is forgetting that every day at K-State you are building your future. Opportunities for self-improvement are everywhere. Don't waste your time and money by partying too much and studying not enough. Freshmen, you are truly beginning the greatest years of your lives. Acknowledge and appreciate it. Notice when you are happy. "If this isn't nice, I don't know what is." - Kurt Vonnegut Jr.



Keylee Sanders graduated from K-State in 1999 with a degree in fashion merchandising and design from the College of Human Ecology. She was Miss Kansas Teen USA and Miss Teen USA in 1995.

1. Tell us a little about yourself and what you've been doing since graduation.

In 2001, I moved to Los Angeles and have lived in California since then. I graduated K-State with honors from the College of Human Ecology with a degree in fashion merchandising and design and have worked in fashion since then. I have worked as a designer, buyer, merchandiser, radio host (about fashion), television personality

and most recently a stylist. I own a company called Style Studio and we are a full service style consultancy that styles; commercials, celebrities, personal clients, film, photo shoots, look books and more. I also am a style expert working with various TV, print and online media outlets as well as writing my own fashion blog, KeyleeStyle.com, which is being redesigned this summer.

2. What is your favorite memory of K-State?

So many to pick from! I loved my time at K-State because it was all about college and enjoying that time in my life. One of my most proud moments was when the fashion department acquired a portion of the Calvin Klein archives and I pitched and produced a fashion show with the collection. It was a huge honor; I think only three schools received portions of the archival collection, and we were one of them! I also loved those fall and spring nights at Tuttle Creek, football games and weekends in Aggieville.

3. What do you miss most about Manhattan or K-State?

I miss the people! In Manhattan, in general, everyone is very nice and hospitable. The community was very supportive of the college students and it made for a wonderful experience and lots of fun memories.

4. Was there any particular person who helped or inspired you at K-State?

Marlene McComas [instructor in human ecology] was particularly influential during my years at K-State. My first semester at school, I was Miss Teen USA and so I took a light course load and missed quite a few classes. She helped guide me, listened to me and in the end was a huge influence on my course choices. She helped me graduate early and with honors. She was also just about the most lovely woman I have ever known and always supportive of creative ideas!

5. Do you have any advice for incoming freshmen?

Work for a high GPA in your first year! It is much easier to get a high GPA your first two semesters and then keep it that way than spend the next three years trying to make up for slacking off. I also tell people to ENJOY college! Don't get wrapped up in the drama and the details, but have fun, enjoy and don't be too hard on yourself. Once you enter the real world it is a whole different story! I also wish I would have studied abroad — it is my one regret about college. It is most likely the only time in your life that you will have that opportunity and you are crazy to pass it up!



Derick Burleson has won numerous awards for his poetry, including the 1999 National Endowment of the Arts Fellowship in Poetry. His poetry has been featured in The Georgia Review, The Paris Review, Poetry and other publications.

1. Tell us a little about yourself and what you've been doing since graduation.

I graduated from K-State in 1990 with a Master of Arts in creative writing and literature. Since then, I served as a Peace Corps Volunteer in Rwanda, '91-'93, completed a Master of Fine Arts in creative writing at

the University of Montana and a Ph.D. at the University of Houston. I'm currently starting my 12th year of teaching creative writing and literature in the MFA program at the University of Alaska Fairbanks, and have published four books of poetry.

2. What is your favorite memory of K-State?

My best memories of my years at K-State involve the excellent professors I worked with and, though I didn't know it then, the world-class education I was receiving. I worked with Jerome Dees, Richard McGhee, Alison Wheatley, Jonathan Holden and Elizabeth Dodd, among others, in literature and in creative writing courses and each of these wonderful professors kicked my butt in the best of ways, preparing me for what was to become my own teaching and writing career. I'm still in touch with my K-State professors, and I have realized since that teacher/student relationship can continue for many years, and the learning never stops. When I was nearing graduation and pondering my future, Dr.

Dees said to me, "Derick, the only reason to go on past this point with your studies is if you really, really love it." I'm happy to report that, these 22 years later, yes, Dr. Dees, I really, really do love it.

3. What do you miss most about K-State or Manhattan?

I've been back to Manhappiness a few times since I graduated and what meant the most to me then still holds true today — Manhattan, Kansas is a fantastic community full of wonderful people. And, even though I live in one of the most beautiful places on earth here in the boreal forests of the Alaskan Interior, I miss the grand prairies of the Flint Hills.

4. Do you have any advice for incoming freshmen?

My advice to incoming freshmen at K-State is to take your reading seriously, no matter what you plan for your future career. Books can save your life, but if you never read them, you'll never discover this essential human fact.



Jim Isch graduated with a Bachelor of Science in business administration from K-State in 1972 and received his doctorate in education administration and foundation in 1986. His jobs since include assistant vice president for facilities, planning and budget at K-State from 1985 to 1986, vice chancellor of administration at Montana State University in Bozeman from 1986 to 1994, vice chancellor of finance and administration at the University of Arkansas, Fayetteville from 1994 to 1998. He became interim president of the NCAA in September 2009 and was named chief operating officer in August 2010, where he continues to work today.

1. What is your favorite memory of K-State?

I have several fond memories of K-State, including some great memories of faculty members who extended themselves to ensure my success. However, most of the best memories involve my fraternity, Aggieville and friends.

2. What sort of expectations did you have about where your life would go when you graduated? Were these expectations met, or did life end up very different from what you had planned?

My professional life turned out very differently than I expected. I intended to return to the family business after service in the U.S. Army. However, a job at K-State enticed me to a career in higher education. After 20-plus years in higher education, I was recruited to the NCAA, where I have had the pleasure of leading the organization as the interim president and now

serve as the chief operating officer. Coming from a small town, Morrill, Kan., population 350, I never dreamed of having the opportunities and experiences I have enjoyed.

3. What do you miss most about K-State or Manhattan?

I miss the energy of the campus and, of course, the students. K-State students are some of the best in the country and can compete with anyone. Their strong work ethic, commitment to succeed and Midwest values allow them to achieve unimaginable success.

4. Do you have any advice for incoming freshmen?


Get off to a fast academic start, take advantage of extracurricular activities that provide opportunities, make lots of friends and enjoy. It is truly the best time of your life. But remember, if you don't get off to a strong academic start, it is difficult to experience the other three.

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Residence halls on a budget: tips for cost-effective dorm life



Even though dorm rooms are generally not more than 25 or 30 square feet in area, they can be extremely expensive to furnish and maintain. While some choose to live on the bare minimum and hardly change the look of their original set up, others decide to “trip” it out, and bring in additional furniture, decorations and amenities to make dorm life easier.

The challenge is finding a balance. You have to make it feel like home; after you all, you and your roommates are going to be living there for at least a semester, and more than likely a full year. But do you really want to spend gobs of money on a temporary room? My guess is no.

Here are a few pointers to making dorm life affordable, yet fun:

1. Plan ahead with your roommates

A big issue that roommates encounter is a lack of communication. This is especially evident during move-in day, when rooms are filled with two, three or even sometimes four of the same items.

No matter what you do, there’s no way to justify having four microwaves in one dorm room.

Save yourself some money, time and energy and talk to your roommates beforehand. Make a detailed inventory list of who is bringing what. Not only will this list help you avoid duplicate items, but it will also give you a way to keep track of your belongings.

2. Avoid disposable items when possible

Over the year, buying things like disposable paper plates, cups and silverware can get expensive. Spend a few extra bucks at the beginning and get reusable dishes and make sure to clean them after every meal.

Also, investing in a refrigerator is a good idea so that you don’t have to get packaged and processed food constantly. Having fresh food is always a good thing, not just for your health, but also because purchasing a lot of packaged food can be expensive than simply buying a few apples.

3. Avoid excessive decorations

We have all walked by the rooms that are filled with way too many posters, wall decorations and random, useless items and have wondered how there’s even enough room to walk in there. Don’t live in that room.

Not only are excessive decorations tacky and over the top, but they also

get extremely costly. Think of it this way: that \$10 poster you just bought at Walmart just robbed you of a couple loads of laundry and maybe a meal just because you had to have “The Avengers” on your wall.

Making your dorm room not look like a jail cell is definitely important, but overdoing it can seriously put a dent in your wallet.

4. If you need furniture, buy it used

In this day and age, buyers and sellers have various online platforms that connect them to a virtual marketplace. For example, a website like Craigslist offers boundless goods and services that are perfect for a college student because they’re mostly cheap and readily available.

You can find things like office chairs, futons, printers and TVs for extremely good prices if you buy them used. I personally recently bought a TV for \$75 that was selling for \$400 at Best Buy.

Like they say, “One man’s trash is another man’s treasure.”

5. Share as many things with your roommates as you can

During my freshman year, my roommate and I did a pretty decent job of sharing daily items such as laundry detergent, dryer sheets, food and a select few school supplies. It might sound weird, but it actually helped quite a bit because neither one of us would spend

large amounts of money at one time.

It may be slightly less convenient, but splitting costs with a friend or roommate can be very useful and goes a long way to saving some cash.

6. Don’t be shy at your dining hall

They’re there for a reason. A dining center is a lifeline for many dorm dwellers, but unfortunately some are too embarrassed to use it. There’s a reason that your dining centers can boast an all-you-can-eat spread: you pay a pretty

penny for it.

There’s not one single reason why you shouldn’t eat your fill. I’m not saying gorge yourself with food every day, but make the best of your resources, especially the ones that you have paid for. If you’re hungry, go get seconds; that way you will be less likely to go on a pizza run at 1 a.m. because you didn’t eat a proper dinner.

Andy Rao is a junior in finance and accounting. Please send comments to news@kstatecollegian.com.



Hannah Hunsinger | Collegian
Avoiding clutter is key when decorating your dorm room on a budget, as shown in this room in Moore Hall.

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5 ways to prepare for graduate school, reduce stress



Laura Thacker

Now that the semester is upon us, we are constantly hearing about programs and organizations to make the lives of incoming freshman easier. It seems to me that we are missing out on an entire demographic: incoming graduate students. As someone about to start graduate school, I am extraordinarily nervous, but I have been doing things to prepare for the semester all summer. Here are five ways I am preparing for graduate school and making my life easier.

1. Schedule a regular workout

During my undergraduate years, my workout schedule slowly deteriorated until it became the walk from Eisenhower Hall to Kedzie Hall a couple of times a day. I started to work out religiously this summer, and it's true what they say: I have more energy. I also get more natural sleep and fall asleep faster. Luckily, I managed to schedule my classes around the strange hours at the

Natatorium. It's important to make time for activities other than school, no matter how impossible that may sound.

2. Create a comfortable working space

During every previous semester, my desk slowly devolved from a place to get work done to a large storage area to keep my things while I study on my bed. In order to avoid this (and the siren call of sleep), I moved my desk out of my bedroom, put a table beside it to keep all my extraneous books and office supplies on and got a new lamp so the area is well-lit. I realized part of my hatred for writing was directly related to my cramped writing area, and when you're an English major, you can't start out the semester with an aversion to writing.

3. Cut down on drinking

For many students, their years as an undergraduate are full of partying, and I can't say that I was

the exception to that rule. I can say that even though the urge to drink may grow with the stress of graduate school, I've realized that it is not the best way to deal with academic anxieties. While drinking a beer at the end of the day to relax is fine, I've been limiting myself to no more than that. Combined with exercise, this has made getting up in the morning much less of a chore this summer.

4. Find a study space other than home or work

While I'm really happy with the writing area I've created, sometimes you have to find another, separate place where you're comfortable studying. For some people, that is the library, while others prefer a coffee shop like Radina's Coffee-house and Roastery or Bluestem Bistro. I've even been

known to take advantage of the free Wi-Fi at Hy-Vee. No matter your preference, it is always healthy to have another area to do homework so that you don't start to feel constricted and trapped in your home or office.

5. Plan meals ahead of time

Besides working out, eating healthier really truly does make you feel better. When your body is functioning correctly instead of rejecting the Taco Bell you grabbed for lunch, it is much easier to concentrate on the things you need to do for school. I've found that if I plan meals beforehand and even cook over the weekend and freeze portions for the rest of the week, I am much less likely to grab food on the go or resort to pre-packaged frozen meals. While I know for certain that these habits are going to be hard to sustain once the semester starts, I'm ready for the challenge. I suggest that everyone, not just graduate students, try some of these things to make your life easier when school starts to just feel like too much to handle.

Laura Thacker is a graduate student in English. Please send comments to opinion@kstatecollegian.com.



Illustration by Yosuke Michishita

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Little Apple landmarks: notable locations in Manhattan

Andy Rao
news editor

One of the greatest misconceptions about the Little Apple — which has a population of more than 50,000 — is that there is nothing to do here. Sure, Manhattan might not have the attractions of the Big Apple, but the city contains plenty of opportunities for students to have some college-age fun, as well as some interesting landmarks and exciting places to visit.



Hannah Hunsinger | Collegian

LEFT: Manhattan Hill is perhaps the most noticeable of the sights in Manhattan. This scenic overlook offering a panoramic sight of the city landscape. The venue, accessible by driving north on Juliette Avenue and taking a right at Bluemont Scenic Drive, is nice location for a picnic lunch and also offers a beautiful view at night when the city lights are aglow.

BELOW: Though Kansas is well-known as a flat prairie state, the **Konza Prairie** holds a different wonder in its rolling hills. This native prairie is one of very few tallgrass reserves remaining in the world and has long been home to ecological research and conservation efforts. More than 100 scientists currently have projects on this site. The 8,600-acre area offers nature enthusiasts various hiking trails which they can use to enjoy the natural diversity of the prairie wildlife. Animals such as bison, coyote, red foxes and badgers roam the prairie.



file photo

ABOVE: Pillsbury Crossing is one of the best outdoor sites for enjoying a nice summer afternoon in Manhattan. This wildlife preserve, named after pioneer J.H. Pillsbury in 1855, contains a low river ideal for fishing, canoeing, hiking or even picnicking. One of the more attention-grabbing features is Deep Creek Waterfall, a 5-foot-high waterfall that visitors can also climb.



Hannah Hunsinger | Collegian

BELOW: Perhaps the most famous attraction in Manhattan, **Aggieville**, a historical landmark, is home to the most popular bars and restaurants in the city. Constructed in 1889, the oldest shopping district in Kansas now plays host to the yearly K-State Homecoming Parade, Little Apple New Year's Celebration and ball drop and, of course, Fake Patty's Day.



file photo



Hannah Hunsinger | Collegian

LEFT: Bill Snyder Family Stadium is the place to be on Saturdays in the fall. As the home of the Wildcat football team, the stadium is named after current head coach Bill Snyder. The stadium, which originally opened as KSU Stadium in 1968, now holds a crowd of 50,000 and is currently in progress of a \$75 million expansion and renovation project. The expansion will include an array of amenities such as a Hall of Fame, new concession and restroom areas, brand new press boxes, a new sound system and a strength and conditioning center.

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8 study tips, tricks to utilize during the upcoming semester



Andy Rao

Studying in college is often a challenge, and not just for freshmen. Between trying to balance school with work, various degrees of campus involvement and still trying to maintain a social life, many fail to make adequate time for studying. Preparing for class is not always an easy thing to do; the trick is finding the right system for you. Here are a few tips that will help you stay on track this semester:

LEARN TO LEARN, NOT FOR THE GRADES

This is easily the most important lesson I've learned through my years of schooling. Too often, people try to do the bare minimum to get the grade they want. As much as we've been conditioned to think otherwise, however, school is not all about grades. The key to getting the most of your education is striving for excellence, not success. Do the best you can at whatever you do and take pride in your work. No matter what subject it is, there is so much knowledge around us; soak it all in. Success is a byproduct of excellence, so strive to master everything that you learn.

MAKE SCHOOL YOUR FIRST PRIORITY

We tend to make time for what is most important to us. The first step to good grades in college is setting aside enough time to study. Too often, students treat studying as a luxury instead of a self-imposed requirement. The best way to fight this habit is to build your schedule around your classes and study time. Remember, not everyone needs the same amount of time and effort to succeed in their classes; some might need two hours to master the same material that others can master in 30 minutes. Take a few weeks to understand yourself and fit your life around your academics, because at the end of the day, getting an education is what we're all here for.

STRIVE TO WORK SMART, NOT HARD

We've all heard the phrase, "Hard work pays off." While that may be true, working hard can result in a lot of stress and can also cause you to miss out on other things. What everyone should aim for is working smart. This means working efficiently; accomplishing what you need to accomplish in the most streamlined way possible. Working smart requires you to be resourceful. Find ways to streamline the study

process, whether that means making visual aids like flashcards, or splitting up chapters in study groups. Brute force is not the solution. I've seen people spend hours studying and accomplish the same amount of work that they could have accomplished in a quarter of the time. Instead, look for ways that help you grasp the material.

WHATEVER YOU DO, DON'T STUDY AT HOME

The biggest mistake I made my freshman year was studying in my dorm room. Don't make the same mistake. Make sure you avoid your dorm room, fraternity or sorority, or even your apartment because there are distractions everywhere. Pick locations like the library or a quiet study room to do your work so you can focus. Study groups can definitely help, but they're also a double-edged sword; they can easily turn from a productive meeting to an unproductive social hour. Surrounding yourself in an environment that motivates you to study is extremely important. If you go to the library, chances are you will most likely follow suit of those around you and focus on studying.

STAY MENTALLY REFRESHED

Being successful in school doesn't mean you

have to obsess over classes. You can easily burn yourself out if you're constantly studying. Take some time for yourself and let yourself mentally recharge. Stay physically active, be social and engage yourself in hobbies that give you a mental break from the stresses of student life. Keeping yourself happy is of utmost importance; it's very difficult to focus on anything if you feel unfulfilled. Take breaks from classes and studying and just take time to relax and have a life.

DON'T CHEAT

Yes, we've all heard about the consequences of cheating from a very young age, but it is especially pertinent in college. Not only is it morally wrong, but cheating also gets you nowhere. Sure, it might solve a problem temporarily, but in the end you're just cheating yourself out of a chance to learn the material for yourself. It will, at some point, catch up to you. As many of our returning students know, K-State has a university-wide policy of academic honesty, and a zero tolerance cheating policy. Any student who is found guilty of cheating can automatically fail the entire course and have a permanent record of the incident on their transcript. It's just not worth it. The funny thing is that most of

the time it takes students just as long to cheat as it does for them to actually learn the material, so you might as well just earn your grade.

DON'T BE AFRAID TO ASK FOR HELP

Making mistakes is a part of learning. Not learning from your mistakes, however, is just plain stupid. Although being in a class of several hundred people can be intimidating, students need to learn how to ask for help when they need it. Mainly, it is a matter of being resourceful. Using things like tutoring services or even setting an appointment with your professor to answer questions can clear up issues that you may be having. K-State does a fantastic job of providing students with numerous support systems; it's up to us, however, to utilize them, especially if we are struggling.

Remember, as a student, you are not alone.

TAKE THE INITIATIVE TO FINISH THINGS EARLY

One of the worst ways students can shoot themselves in the foot is to procrastinate. Just because nothing is due the next day does not mean that it doesn't have to be done eventually. Though many of us choose to spend a free afternoon doing other things, it often is very helpful if you spend some of your free time just getting things out of the way for later. Time management is one of the most important skills for a college student to learn. Sometimes you just have to have the discipline to stay at home and finish up your work so that it doesn't pile up later.

Andy Rao is a junior in accounting and finance. Please send comments to opinion@kstatecollegian.com.

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ANCHORS AWAY

Kansas State Collegian Big 12 Conference rankings



Sean Frye



1. OKLAHOMA SOONERS

The Sooners, led by Heisman Trophy candidate and senior quarterback Landry Jones, are poised for a big year in 2012 after falling short of expectations in 2011. Jones, who decided to return for his senior season and forego the NFL Draft in January, is currently 18th in Football Bowl Division history with over 12,000 passing yards. His favorite target this year will be junior wide receiver Kenny Stills, who took over as a leader for the receiver core last year when Ryan Broyles went down with a knee injury.

After two easy non-conference games, the Sooners kick off the Big 12 Conference season with a home matchup against K-State on Sept. 22. An Oct. 27 matchup against Notre Dame and a visit to Morgantown, W.Va., to face West Virginia on Nov. 17 are also critical games on the Sooners' schedule.



2. WEST VIRGINIA MOUNTAINEERS

This season will mark the Big 12 debut of the Mountaineers. Last year, the Mountaineers won the Big East Conference title and then set a scoring record with 70 points in their win over Clemson in the Orange Bowl.

Senior quarterback Geno Smith, who garnered Big 12 preseason honors over Oklahoma quarterback Landry Jones, will enter the season as a Heisman candidate and will be the focal point of head coach Dana Holgorsen's offense. Holgorsen

has spent nine of his last 11 years coaching in the Big 12, holding assistant jobs at Texas Tech and Oklahoma State before taking the head job at West Virginia, so the Mountaineers' transition into the Big 12 schematically should not pose too much of a problem.

The toughest non-conference game for the Mountaineers will be a home game against Maryland. Starting on Oct. 20, though, West Virginia's season will be put through the grinder, as they face consecutive matchups against K-State, TCU, Oklahoma State and Oklahoma.



3. K-STATE WILDCATS

Fresh off their first 10-win season since 2003, the Wildcats are looking to take another step forward this season in their pursuit of a Bowl Championship Series bowl berth.

The Wildcats are undoubtedly led by senior quarterback Collin Klein, who last year completed over 57 percent of his passes for 1,918 yards and 13 touchdowns; he also rushed the ball 317 times for over 1,100 yards. Known as one of the toughest players in college football, Klein's ability to stay healthy and to execute effectively with teams now scheming around him will be the lifeblood of the Wildcats. Defensively, senior linebacker Arthur Brown and junior safety Ty Zimmerman lead the Wildcats.

The marquee non-conference game for the Wildcats will be a Sept. 8 rematch with the Miami Hurricanes after last year's thriller in which the Wildcats won following a four-down goal-line stand. The Wildcats then start the Big 12 season in Norman, Okla., against the Sooners on Sept. 22, which will arguably be the toughest test for any Big 12 team in the opening week of conference play.

The Wildcats' biggest conference home games will be against Oklahoma State and Texas on Nov. 3 and Dec. 1, respectively.



The greatest challenge for

the defending Big 12 Conference and Fiesta Bowl champions in 2012 will be replacing quarterback Brandon Weeden and wide receiver Justin Blackmon, both of whom were first-round picks in the NFL Draft this past spring.

The biggest returner for the Cowboys is junior running back Joseph Randle, who last year averaged 6 yards-per-carry and found the end zone 24 times. True freshman Wes Lunt will be in charge of replacing Weeden, as head coach Mike Gundy named him the starter back in April.

A home game against Texas on Sept. 29 to start the Big 12 season will be the Cowboys' first big test of the season. Visits to Manhattan and Norman, Okla., on Nov. 3 and Nov. 24, as well as a home game against West Virginia on Nov. 10 are also games to circle on the Cowboys' schedule. Ultimately, the test the Cowboys face this year will be to find a way to replicate their offensive prowess they had last year, which produced 48.7 points per game, second in the FBS in 2011.



5. TEXAS LONGHORNS

Last season, the Longhorns started off with four straight wins but only mustered up three more the rest of the regular season after getting blown out by the Sooners in the Cotton Bowl 55-17. However, the Longhorns did enough to earn a Holiday Bowl berth where they defeated California to end the season on a high note.

This year, behind a gritty defense and sophomore running back Malcolm Brown, the Longhorns are looking to finish among the top of the conference again. Led by junior linebacker Jordan Hicks, the Longhorns' defense will look to build off last year, where there were 33rd in the FBS in points allowed despite giving up 55, 38, and 48 points in three separate games.

The offense, however, will go into the season with the biggest question mark a team can have: who will start at quarterback? Currently, quarterbacks Case McCoy, junior, and David Ash, sophomore, are at the head of the pack, as both started games last year. The Longhorns' Big 12 schedule is heavily front-loaded, with a road game against Oklahoma State on Sept. 29, then three straight home contests against West Virginia, Oklahoma and Baylor.

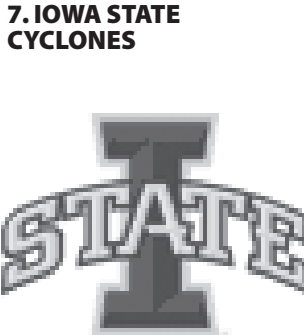


6. TEXAS CHRISTIAN UNIVERSITY HORNED FROGS

In addition to West Virginia, TCU will also be making their debut in the Big 12 this season. Last year, the Horned Frogs won the Mountain West Conference title, were in the running late in the year for a BCS bowl berth, won 11 games and won the Poinsettia Bowl over Louisiana Tech.

Head coach Gary Patterson, who is in his 12th year at the Horned Frogs' helm, will rely on junior quarterback Casey Pachall and his defense this year against the Big 12. The standout on the defensive side of the ball for TCU is unquestionably junior defensive lineman Stansly Maponga, a native of Zimbabwe who was All-Mountain West last year and who was voted to the All-Big 12 preseason team.

For the Horned Frogs, their schedule is extremely back-loaded, as they finish the season with a run of five straight games against Oklahoma State, West Virginia, K-State, Texas and Oklahoma.



7. IOWA STATE CYCLONES

Last year on a Friday night, when nobody expected anything magical to happen, the Cyclones pulled off the biggest upset of the college football season with a 37-31 overtime victory over the Oklahoma State Cowboys. Had the Cyclones not won that game, the Cowboys would have played for the national title last season.

Now, with a new season ahead of them, the Cyclones are looking to build off that game — and their Pinstripe Bowl berth — and have a breakout year in 2012. On defense, the Cyclones have two of the best linebackers in college football in seniors AJ Klein and Jake Knott.

Offensively, like the Longhorns, they have a quarterback battle to settle prior to week one. Sophomore Jared Barnett, who started in the Oklahoma State upset, and senior Steele Jantz are the

two players battling for the starting job in training camp. A week-two matchup at Iowa, a game they won last year, will set the tone early for the Cyclones.

A three-game stretch against K-State, Oklahoma State and Baylor starting on Oct. 13, as well as their last game of the season against West Virginia will ultimately define what type of success the Cyclones will have this season.

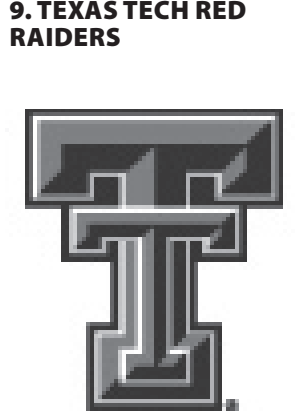


8. BAYLOR BEARS

Last year, the Bears had the best player in college football: Robert Griffin III. Griffin had one of the best receivers in the Big 12 to throw to in Kendall Wright. Both those players are gone, so now the Bears, who will play their last season in their current stadium in 2012, are tasked with replacing a Heisman Trophy winner.

Charged with taking over at the quarterback position is Nick Florence, a senior with limited playing experience in the past two seasons, but attempted 266 passes as a freshman. The Bears perhaps have the toughest test in week one of Big 12 play behind K-State, as they must travel to face off against West Virginia, whose offense will test the Bears early and often. The Bears will have a chance at the end of the season to prove themselves, as they finish with three straight home games against K-State, Texas Tech and Oklahoma State.

The biggest obstacle for the Bears, though, is not just replacing Griffin and company, but also finding a way to maintain the offensive pace that had the Bears scoring in a matter of minutes on drives last season.



Last year, the Red Raiders started off their season red-hot. They won their first

four games before losing two heartbreakers to Texas A&M and K-State. After their K-State loss, though, the Red Raiders pulled off the other big upset of the Big 12 season by handing the Oklahoma Sooners their first loss of the season in Norman.

After that thriller, the Red Raiders didn't win a game for the rest of the year and missed out on being bowl eligible. The shining light for the team this year is senior quarterback Seth Doege, who last year led the Raiders to 33.8 points per game and also led the nation's seventh-best passing attack. While their defense is improved, it is still considered a big question mark for the Red Raiders, as they finished 117th last year in points allowed per game with 39.3.

The Big 12 season will put the Red Raiders through hell its first six weeks, as they must travel to Ames, Iowa, to face Iowa State, then two home matchups against Oklahoma and West Virginia, then on the road again to face TCU and K-State, then back home to face Texas. The Red Raiders may grab one or two of those games if they are lucky, but their defense will likely get simply outdone on a consistent basis this season.



10. KANSAS JAYHAWKS

Not often do teams have to pay three head coaches' salaries in one season, but after Turner Gill was fired last season after winning only one conference game in his two years at Kansas (in 2010, against Colorado), the Charlie Weis era began in Lawrence. He brought with him senior quarterback Dayne Crist, a transfer from Notre Dame who will start for the Jayhawks this season. Crist is well-taught in Weis' offense, so expect some success from the passing game this year.

The Jayhawks will ultimately struggle this year as they are in the initial stages of rebuilding, but Weis stated at the Big 12 media days that, while he does obviously want to win more games, his realistic goal is to simply make the Jayhawks more competitive in games this year instead of getting blown out.

The Kansas State Collegian Big 12 conference ranking was compiled by sports editor Mark Kern and staff writer Sean Frye. Please send comments to sports@kstatecollegian.com.

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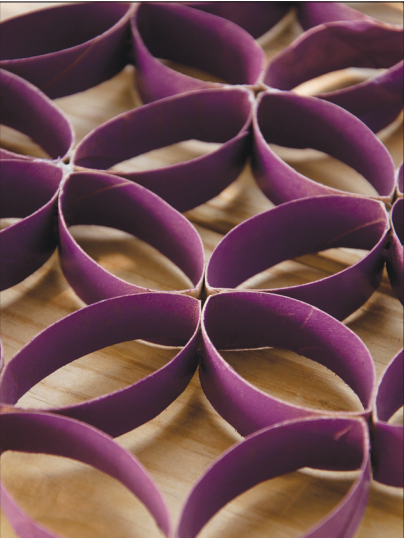
With a few cheap supplies, dorm rooms go from drab to delightful

Catherine Doll
photos by Hannah Hunsinger

LEFTOVER CARDBOARD TUBE WALL ART



RIGHT: When the glue dries, take your project outside and spray paint it. I decided to make mine all one color to contrast with the white wall of the dorm, but you can paint the rings before you glue to add different colors.



LEFT: There are a lot of great ideas for cost-effective art projects on Pinterest. I picked two that I think will be especially helpful to brighten up your dorm room on a budget while giving you a fun project to do in your spare time. For this project, just save up the cardboard tubes from toilet paper and paper towel rolls. When you have a good stash, cut them up into rings about an inch-and-a-half thick and arrange them into a pattern you like. I picked an easy pattern to start with, but there are some pretty complicated starburst patterns that you can try. Make sure you have extra rolls in case you make an error, but don't be afraid to get creative — you're upcycling, after all.



LEFT: Here's the completed project. I recommend you put on two coats of paint to make sure you get all the nooks and crannies. You can add other touches to it, like glitter, or just leave it as a single bold colored pattern. The best part about this project is how cheap it is. Everyone uses toilet paper, so the only supplies you might have to buy are paint and glue. In my case, I already had all of the supplies, so all it cost me was about 20 minutes of my time. Just make sure you're careful with your art — the cardboard tubes are not as sturdy as wood or metal art.

PAINT SAMPLE CARD ART OR CALENDAR

RIGHT: All you really need for this project is an old photo frame, some paint sample cards from a hardware store and glue. This project is easily under \$10, even if you have to purchase a frame and glue. Paint sample cards are free, so make sure you grab extra in case you make a mistake and need backup.



CENTER: Cut the paint sample cards into creative shapes and arrange them on the cardboard back piece of the frame. When you form an idea of what you want, start gluing the paint sample cards together. I recommend gluing the cards together first before gluing the entire thing to the frame's back piece.



LEFT: And voila! Art fit to hang on your wall at a fraction of the price and personalized to fit you. It only takes about 15 minutes to make, and because it's so cost-effective, you can change patterns often when you get bored. This project can also be used to make your own dry-erase message board or even a calendar. Just arrange the squares into patterns to fit the days of the week and use a marker that wipes off of the glass easily.

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K-State offers services to help students overcome injuries, disabilities

Karen Ingram
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While college is filled with new experiences for students, injuries and pain can make the transition more difficult. Knowing a few simple steps to prevent common injuries and learning what to do when an injury occurs can help students perform better.

"We see many different types of injuries here at Lafene," said Jeff Kreuser, certified athletic trainer at Lafene Health Center, in an email interview. "The students here at K-State are generally very physically active, so naturally some injuries will occur."
Kreuser said some of the more common injuries he sees at Lafene are ankle sprains and knee injuries. These

can occur from sports and other activities, but also from walking on uneven ground or sidewalks.

Kreuser said he recommended using braces or athletic tape to help prevent ankle injuries in activities that risk such injuries, like basketball. Knee injuries stemming from overuse are also common among people who run.

"You do not realize the high amount of repetitive contact that your knees absorb when running," Kreuser said. "For these reasons, we here at Lafene physical therapy like to focus on good muscle balance in your legs and hips as well as making sure you are wearing proper footwear for the activity you are participating in. We will often perform a gait analysis when evaluating a patient by watching our patients walk and run."

Another common injury or complaint among students is back pain. The American Academy of Orthopaedic Surgeons reported that nearly 30,000 Americans were treated for injuries related to backpacks in 2010. Back pain and injuries often occur because of backpacks that are too heavy or that people use improperly, for example, by slinging the bag over only one shoulder or by wearing it too low on the back.

Carrying any bag, including a backpack, slung over one shoulder causes a person's posture to change. The shoulder supporting the bag tends to tense up and raise higher than the other shoulder, twisting the entire body's posture to one side. Over time, this can lead to back,

shoulder and neck pain. Also, wearing a backpack too low causes the center of gravity to shift to the lower back, which can lead to bad posture, pain or injury.

The American Physical Therapy Association recommends using both shoulder straps to carry a backpack, and that shoulder straps be adjusted to keep the weight of the bag closer to the middle of the back, where the muscles tend to be stronger. In addition, it is recommended that students not carry more than 10 to 15 percent of their body weight in a backpack.

Students who injure themselves or become ill have options for help and do not necessarily need to tough it out. Lafene Health Center can provide assistance for walk-ins, or students can also make an appointment with their doctor.

"If it's a quick onset acute injury and you are unable to walk without a noticeable limp or are in constant significant pain, come in to get it checked out," Kreuser said. "I would also like to remind those students who might injure themselves during the intramural sports seasons that there are certified athletic trainers who are available on the fields and courts during the games and are able to assess your injuries. They can be found by asking an intramural supervisor or by going to the center building at the Rec fields. Contact the Rec Complex staff if you are unable to find them and they will call them."

For injuries or other issues that create long-term problems with mobility, such

as a broken arm or leg, resources are available to help students get around campus more easily.

Disability Support Services offers many services to help students with all kinds of needs, including accessible parking, shuttle service, listening devices, sign language interpreters, tutoring, accommodations for tests and more.

Andrea Blair, director of Disability Support Services, said the three most common services requested are shuttle service, scribes for tests and assistant note takers. DSS can also work with professors to move classes to other buildings that are more accessible to injured or disabled students.

Knee or leg injuries and temporary disability resulting from surgery were some of the most common reasons students requested assistance, Blair said. Because of these injuries, the shuttle service offered by K-State was also very important to help students get from their home or dorm to classes. The ATA bus service helps provide this service.

"It truly is a service that K-State provides because there is no bus service right now at K-State for all students," Blair said. "If there was, then the university would be required to make sure the transportation was accessible for those with disabilities or temporary injuries."

For more information about services provided by Lafene Health Center visit k-state.edu/lafene. For more information about Disability Support Services visit k-state.edu/dss.



Disability Support Services is located in Holton Hall, near Eisenhower Hall and Hale Library.
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No more ramen: healthy foods to eat on a student’s budget



Andy Rao

When I first started college, my friends and family from back home would often crack ramen noodle jokes. College students, who are likely to be on a tight budget, often have to resort to packaged and processed food like ramen noodles.

What many students don't realize is that good food does not have to be extremely expensive, and when bought in moderation, can both provide nutritional value and spare your bank account from a severe hit.

Here are eight student-friendly health foods to consider buying for this upcoming semester:

Watermelon

Watermelon is listed as the No. 1 most cost-effective fruit to get your vitamins from in a March 7, 2011, AOL Daily Finance article by Sally Deneen. Watermelon is extremely

high in vitamin A and vitamin C; just one cup will give you 18 percent and 21 percent of your daily values of each respective vitamin. Watermelon is also a good source of potassium and contains low amounts of saturated fats, cholesterol and sodium. Served cold, this sweet treat might hit the spot on a hot summer afternoon.

Spinach

Spinach is abundant in dietary fiber, protein, vitamin A, vitamin C and iron. It is also very low in saturated fat and cholesterol. No wonder Popeye would chug this stuff.

While fresh spinach can be pricey, frozen spinach, on average, sells for \$1.51 per pound, according to numbers compiled by the United States Department of Agriculture. Although frozen spinach is not as healthy as fresh, raw spinach, it still provides nutrients that you need for a relatively low price.

White meats

Although there's nothing like having a juicy ribeye steak every once in a while, the best meats for nutritional purposes are white meats like chicken and fish. Now

keep in mind, fried or breaded meats don't count as healthy because of all of the extra fat and cholesterol. When these meats are grilled or baked with light seasonings, however, they are very good sources of vitamin B6, protein, niacin and selenium and they are low in sodium. Fish is even healthier than chicken because it is a leaner meat and is often high in vitamin B12 and Omega-3 acids. According to numbers compiled by the Bureau of Labor Statistics, the average price of whole chicken in June was \$1.39 per pound.

Whole grains

As a kid, I hated when my parents bought whole wheat bread; all I wanted was the fluffy Wonder Bread for peanut butter and jelly sandwiches. Eating whole grains, however, is extremely good for you.

Grains such as whole wheat, oats and rye are high in dietary fiber, manganese and selenium. They are also low in saturated fats, cholesterol and sodium.

Be wary of grocery store labels, though; many breads labeled as whole wheat are actually white flour bread with some wheat mixed in. Look for packages that say 100% whole wheat for the real stuff.

Oats, whether they are in the form of cereal or granola, are also very good for the heart. They are high in dietary fiber and magnesium and are low in cholesterol as well.

Healthy fats

Believe it or not, there is such a thing. Instead of indulging in fats such as sour cream or butter, look for fats that are also rich in nutrients.

Instead of cooking with vegetable oil, use olive oil, which is much lower in cholesterol, sodium and trans fat. Look for foods like avocado and peanut butter; despite their fat levels, avocado is high in dietary fiber and vitamin C, while peanut butter is also an excellent source of protein.

A slice of avocado or a spoon of peanut butter will go a lot farther than a Twinkie.

Low-fat dairy

Selecting low-fat dairy options can give you essential nutrients without the naturally occurring milk fat. Picking dairy foods like Greek yogurt, which is lower in fat than regular yogurt, or low-fat milk like skim, 1 or 2 percent can help

you gain the calcium.

This is especially important for women to keep in mind, due to higher rates of osteoporosis, a disease in which bones slowly weaken.

Low-fat cheeses, such as skim mozzarella, can also provide a healthy snack.

Oranges

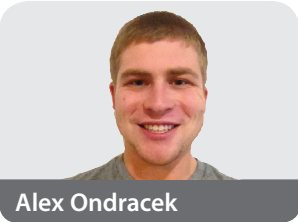
This citrusy delight is an easy way to get a lot of vital nutrients on a daily basis. Oranges offer high levels of potassium and fiber. One cup of orange slices also provides 160 percent of your daily value of vitamin C.

Plums

Plums ranked second on the list of fruits as the best buy for its nutritional value, according to the same article by AOL Daily Finance. Plums are a very good source of vitamin A, vitamin C and dietary fiber, and are low in saturated fats, sodium and cholesterol. According to numbers compiled by the USDA, the average price of plums is \$1.24 per pound.

Andy Rao is a junior in finance and accounting. Please send comments to news@kstatecollegian.com.

5 commonly believed medical myths: from brain damage to brain size



Alex Ondracek

Many of us have heard the axiom, "An apple a day keeps the doctor away." While the sentiment of this statement suggests that a healthy diet will help reduce visits to the doctor's office, the literal meaning isn't necessarily accurate.

While few people take the above saying at face value, many people live their lives believing health-related advice that is anything but factual.

Here are five commonly believed medical myths that have been officially debunked.

1. You need eight glasses of water a day

We have all heard this one. Despite how excessive it sounds,

there are people who do try to meet this quota. While the origin of this myth remains unknown, the facts have been announced time and time again to no avail. The eight-by-eight rule is a gross overestimate of how much water we really need; a significant portion of the water we need comes from the food we eat.

Most recently, general practitioner Margaret McCartney debunked this myth in the British Medical Journal in 2011, concluding that the myth is "nonsense," according to a July 14, 2011, Huffington Post article by Amanda Chan.

"From what I can see, there's never been any evidence in the medical literature about it," McCartney said in the article.

2. Cracking your knuckles will lead to arthritis

Most everybody has done this one at some point in their lives. People crack their knuckles when they get bored in class; it almost becomes a ritual. I am certainly guilty of this. My mom

has certainly tried to plead with me to stop, believing that she was just trying to protect my hands.

The good news is that this myth was debunked in 1990 in the largest study to explore a link to arthritis. Published in The Annals of the Rheumatic Diseases, the study examined 300 healthy people over the age of 45, of whom 74 were habitual knuckle crackers. The rates of arthritis were similar in both groups, giving no conclusive evidence of the connection between arthritis and knuckle popping, meaning you can go ahead and annoy your classmates when your fingers get fidgety without the worry of future joint damage. On the other hand (pun intended), however, most studies have shown that knuckle cracking will lead to other side effects like a weakened grip strength, and sensitivity.

3. You shouldn't let someone with a concussion fall asleep

The origins of this myth are

unknown; the belief that people with a concussion could not be allowed to sleep was most likely just due to the fear of more serious brain damage. One of the symptoms of a concussion is fatigue. This symptom exists for a reason; it is your brain trying to tell you something.

"Sleeping is actually the best thing for a concussed individual. Getting physical and mental rest helps someone recover from a concussion," said Chris Hummel, certified athletic trainer and clinical associate professor at Ithaca College in a March 29 Ithaca College media release.

A concussion can cause the brain to swell, and staying awake and fighting off sleep actually increases blood flow to the brain because of the strenuous mental activity. Pumping more blood into a swelling brain is exactly what isn't going to help.

With all of this said, it is still important to seek medical attention when necessary. Head injuries are a very serious matter, and concussions should

be diagnosed by a qualified professional. If you suspect someone to be seriously injured, take him or her to a hospital immediately.

4. Getting the flu shot will protect you from the stomach flu

This is more of a misconception than a myth. First, people need to understand that the term "flu" is short for influenza, which is a respiratory virus. The "stomach flu" is something that affects your intestinal tract; in fact, the "stomach flu" doesn't really exist.

The origins of this myth began when people started using "the flu" to refer to whatever general sickness they had. Eventually, whenever people started spewing from both ends, they just called it the stomach flu. If you have ever had to experience this type of hardship, chances are you had something called gastroenteritis, which can be caused by anything from a virus to food-borne parasites. This is important to understand because both are treated very

differently — meaning if you take Dayquil for your "stomach flu," absolutely nothing will happen at all.


5. We only use 10 percent of our brain

This one gets used time and time again, and many continue to argue in informal conversation that it is true. Simply put, if we only used 10 percent of our brains, we would either be in a coma or dead.

This myth has been wrongfully attributed to Albert Einstein, who intended to suggest we have so much potential for our mental capabilities.

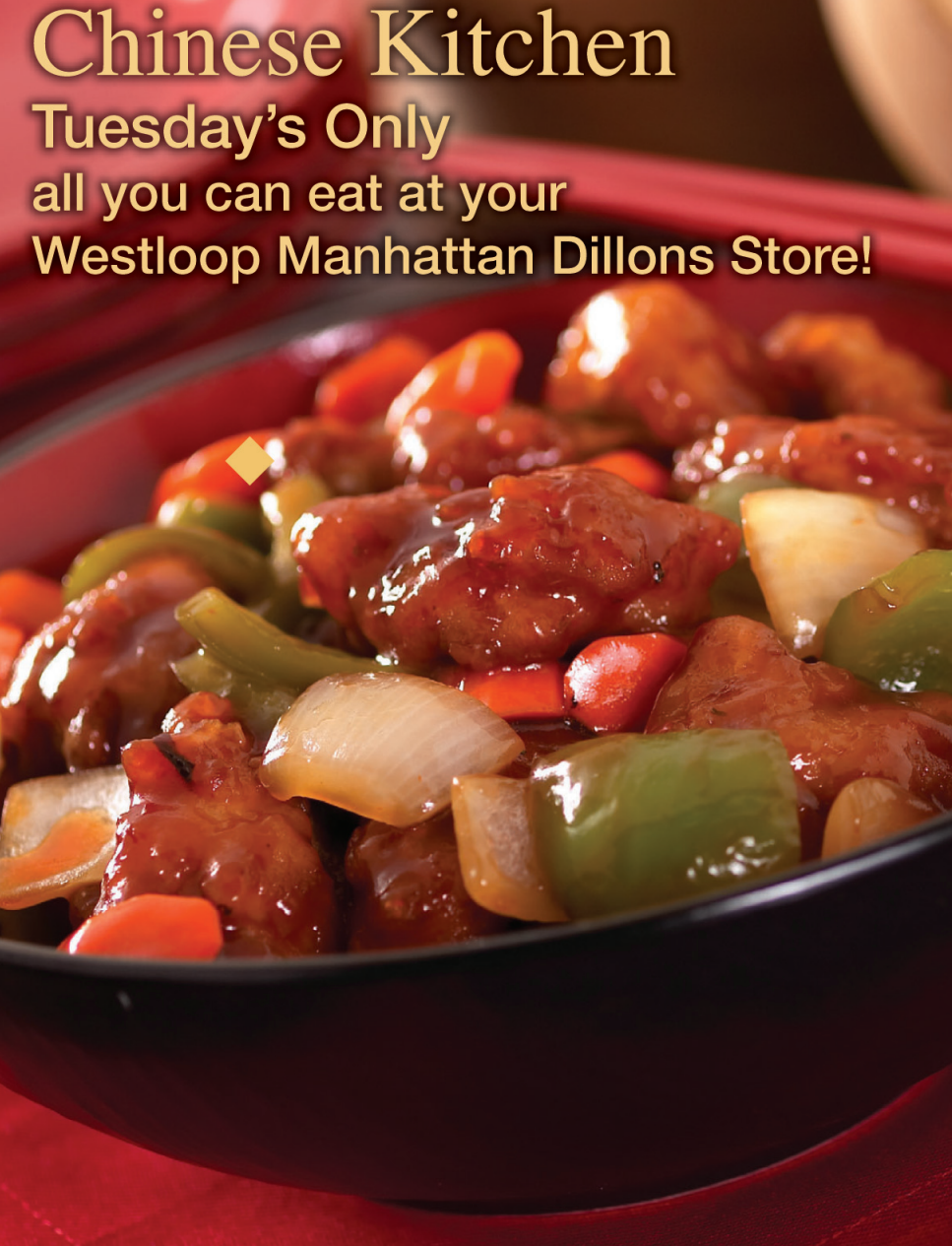
Whenever doctors or scientists are looking at the recordings made from brain EEGs, PET scans or any type of brain scan, no part of the brain just sits idle. Besides, why would our brains have evolved to a greater size if so much of it were going unused?

Alex Ondracek is a junior in biology. Please send comments to news@kstatecollegian.com.



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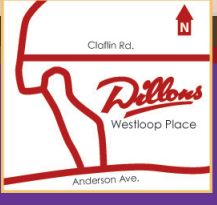
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5 books to read while in school (for leisure, not homework)



If you're like most students, going back to school has most likely killed any desire you have to read for pleasure. It can be hard to motivate yourself to read for fun after you've just knocked out several chapters from a textbook, but in my opinion, it's worth it.

The tough student schedule, however, can make it hard to do a lot of pleasure reading — even if you want to — so you definitely have to be a little more selective when picking out what books you're actually going to read. I'd like to take this opportunity to recommend five awesome books that I read during the school year — and yes, I read them for fun.

5. "Does IT Matter? Information Technology and the Corrosion of Competitive Advantage" by Nicholas G. Carr

In one of my classes for my master's degree, we were assigned Carr's

original article about this subject called "IT Doesn't Matter." I found the article fascinating, so I picked up the book on Amazon — it's going as low as \$0.01 plus shipping, so it's hardly an expensive purchase — and decided to read a little more in-depth on the subject.

The nonfiction book is an analysis of what role information technology is going to play for future businesses, but that's underselling the book. It's a deep and fascinating history of the patterns in business and how they relate to information technology. Carr argues that information technology will eventually become like a utility, controlled and managed in a similar way to electricity. At first this seems tough to believe, but by the time I was done reading, Carr had me convinced.

4. "Indignation" by Phillip Roth

"Indignation" is one of Roth's lesser-known works but it's still worth a read, especially for college students. The novel follows Marcus Messner, a young Jewish man from New Jersey who transfers to a school in Ohio as the Vietnam War rages in the background. He struggles to adapt to the new culture while also struggling with his religious beliefs.

It's not an easy book to summarize because so many things happen in

such a short read — the book is only 233 pages — so I'll just say that I picked this book up from a bargain bin and I've been glad I did ever since.

3. "The Seedling Stars" by James Blish

It's hard to describe how great of a book "The Seedling Stars" really is because it's actually a collection of four interconnected stories. The stories are independent of one another but they all take place in the same universe and deal with the same concept: the idea that humans may someday be able to adapt their bodies in order to colonize other planets.

Each of the stories has its own characters and each one focuses on a different aspect of the adaptation, but they all forced me to re-evaluate certain aspects of society and how we deal with the problems that arise. "The Seedling Stars" is a very short book — it's less than 200 pages in almost all of the various versions that were published — so I would highly recommend it to anyone with a couple of hours to spare.

2. "American Gods" by Neil Gaiman

Over the course of several long car trips, I listened to the audio book

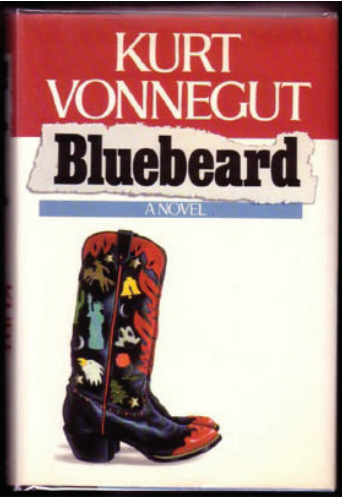
version of the novel "American Gods" and I can safely say it made the trips go by quite a bit faster. "American Gods" is the story of a criminal called Shadow who gets himself involved with the American versions of various gods. Shadow meets the mysterious Mr. Wednesday who leads him through various adventures and some intense experiences.

"American Gods" is an extremely well-written novel that provides some insight into how we look at religion in the modern world while also exploring the theme of humanity. What exactly is it that makes us human? What separates us from our creations? "American Gods" is the best novel about these questions that I've ever read and I would recommend it to anyone, religious or not.

1. "Bluebeard" by Kurt Vonnegut

"Bluebeard" is one of the best books I've ever read, no qualifiers needed. A fascinating look at art and war — both individually and how they connect to each other — Vonnegut truly made a masterpiece when he wrote this novel. Narrated by Rabo Karabekian, an artist and a former soldier, Vonnegut beautifully paints a picture of this man's life and the struggles he's been through.

Vonnegut's sense of humor per-



meates every page and creates a character that is incredibly likable while also remaining somewhat distant from the reader. We may not know all of Karabekian's experiences, but in an amazing way, by the time you find yourself at the end of the book, you feel as if you understand them, even if you don't know the specifics. An incredible book, "Bluebeard" is a must-read for pretty much everyone.

Joshua Madden is a non-degree seeking graduate student. Please send comments to opinion@kstatecollegian.com.



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Lyle Lovett and His Large Band
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7:30 p.m., Sunday, Aug. 26

Andy McKee
One of the world's top acoustic guitarists and YouTube sensation.
7:30 p.m., Thursday, Sept. 6, Forum Hall, K-State Student Union

The Intergalactic Nemesis
Live-Action Graphic Novel, Book One: Target Earth
A mash-up of radio drama and comic book adventure.
7:30 p.m., Friday, Sept. 21

Bill Engvall
Aged and confused or 15 degrees off cool... you decide!
Two shows: 7 p.m., and 9 p.m., Friday, Oct. 5

The National Circus of the People's Republic of China
Cirque Chinois
Acclaimed troupe performs eye-popping stunts.
7:30 p.m., Thursday, Oct. 11

Spirituals to Funk
Dr. John & the Blind Boys of Alabama
Two icons of American music. One night of awesome!
7:30 p.m., Friday, Oct. 19

Shakespeare's
The Merchant of Venice
What's your price for a "pound of flesh?"
7:30 p.m., Thursday, Friday and Saturday, Oct. 25-27, in Nichols Hall

Turtle Island Quartet with Special Guest Tierney Sutton
Poets & Prayers
A little Hendrix, a bit of Coltrane, a lot of beauty.
7:30 p.m., Tuesday, Nov. 13

A Leahy Family Christmas
A triple threat whirlwind of fiddle-driven music, dance and song.
7:30 p.m., Wednesday, Dec. 5

Disney's
Beauty and the Beast
The most beautiful love story ever told comes to life!
7:30 p.m., Tuesday, Dec. 11

A Chorus Line
One singular sensational show for anyone with a dream.
7:30 p.m., Tuesday, Jan. 29

Sweet Honey In The Rock
Stirring vocals inspire love, justice, hope and peace.
7:30 p.m., Friday, Feb. 1

DRUMLine Live
A show-style marching band extravaganza.
7:30 p.m., Friday, Feb. 8

McCain Student Showcase
K-State students show off their talent.
4 p.m., Sunday, Feb. 10

Shrek The Musical
Believe all ogre again.
7:30 p.m., Tuesday, Feb. 12

Joe Goode Performance Group
The Rambler
Gorgeous, emotional and accessible modern dance theater.
7:30 p.m., Friday, Feb. 22

Mummenschanz
Whimsical world where ordinary becomes extraordinary.
7:30 p.m., Tuesday, March 12

The Celtic Tenors
Classical, folk, Irish and pop harmonies just in time for St. Patty's Day.
7:30 p.m., Saturday, March 16

Alison Balsom and the Scottish Ensemble
Trumpet superstar performs Vivaldi, Albinoni and more.
7:30 p.m., Tuesday, April 9

Itzhak Perlman
The undeniable reigning virtuoso of the violin.
4 p.m., Sunday, April 21

Russian National Ballet Theatre
Swan Lake
A timeless tale of love and betrayal.
4 p.m., Sunday, April 28

Rock of Ages
Hold on to That Feelin'!
7:30 p.m., Tuesday, May 14

Dinosaur Petting Zoo
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Open option provides flexibility, room for growth, change



Kelsey McClelland

For many students, college is the first step toward continuing education and finding a future career. While many incoming freshmen think they know what they want to do for the rest of their lives, the rest may be left in the dark. Personally, I think the open option or the “undeclared” major may be the best fit for incoming freshmen. Some days I wish I had taken that option myself.

While the title of “undecided” or “undeclared” might have a negative connotation, it’s better to start off with a non-restrictive program rather than having to change majors later down the road.

Open option allows freshmen to ease into their continuing education by keeping an open mind and exploring their choices. By using up to two years to take general education classes, students are given more time to discover their interests in relation to their future career. This could also help

students avoid changing their majors in the future. According to K-State’s website, 60 percent of students change their majors more than twice while in attendance at the university.

Open option takes pressure off of students who feel they need to have their whole college career mapped out. According to an article on collegeparents.org, “many students are reluctant, or even fearful, of choosing a major because they worry that this choice will lock them into a career.” This pressure could lead to a hasty decision, which could lead to multiple changes in major later down the line, and changing majors can cost you both time and money.

Although some people might balk at the idea of paying four-year university prices for general education classes that could be taken at a less expensive community college, taking these classes at a university allows students to immerse themselves in the college of their choice.

I’m not discrediting community colleges, because I do believe they are a good option for students who are on a budget, nontraditional students or students who are going back to school. For many students new to college, however, university might be the best choice

because it allows students to cut child-parent ties and get out into the adult world. Taking general education classes from a community college during their senior year of high school can help students get a head start on college curriculum and ease the transition from high school to college.

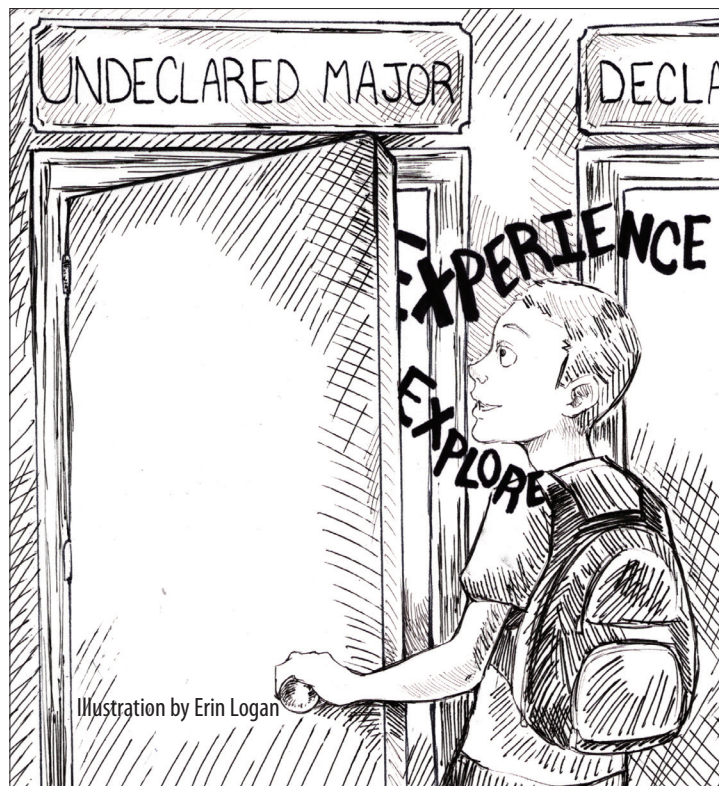
Typically, students are able to attend a community college near, or even in, their hometown. This doesn’t allow many students to broaden their horizons as they might still live at their parent’s house and hang out with their high school friends.

The transition from high school to college can be hard for some students, and there is no reason to make it more difficult by pressuring students to make a choice that could impact the rest of their lives. Students should choose an open option or “undecided” major to better their chances of not changing the major they eventually choose. The lapse in pressure can also help new students to better enjoy their first year. Making the choice to go open option at a four-year university rather than taking general education classes at a community college helps students with their transition into university life by fully immersing them in the college experience. My parents

always told me that college would be an amazing experience, the best four years of my life. The college experience isn’t just about higher education, it’s creating memories and connections too. Leave the stress of

picking a major behind and go open option.

Kelsey McClelland is a senior in mass communications. Please send comments to opinion@kstatecollegian.com.



Students should become politically aware, stay up to date on news



Joshua Madden

Being a student can be a stressful time for everyone, regardless of interests or majors, and so sometimes people have to make tough decisions about what to cut out of their life. For me, it seems like I almost always discover I don’t have time for the gym — which, let’s be honest, is just me making excuses about why I don’t work out enough.

No matter who you are,

though, one thing that should not be cut out of your schedule is taking the time to make sure you’re informed on political issues. This doesn’t mean you have to run out and join protests, but it does mean you should probably vote.

Current issues matter. There’s no excuse to not understand what’s going on.

It doesn’t take that much time to be politically informed, but it makes a big difference in your life. There are so many different ways to make sure you’re informed — read a book, watch a news program, pick up a newspaper or check out Google News for some online articles — you can always find one to fit your schedule.

If you don’t have time to

read a book, you can always watch the news when eating dinner or even when you’re eating breakfast. That’s the beauty of 24/7 news channels and most cable subscribers get at least five: CNBC, CNN, CNN Headline News, Fox News and MSNBC. Depending on your cable package, you likely pick up a couple of others, too. Everyone can find a channel that works for them; there’s no excuse not to try and absorb a little bit of news every day.

For those who don’t like watching TV at all, picking up a newspaper or browsing through the stories of interest online is an easy thing to do. When I’m waiting in line, I often pull up Google News on my phone and browse through the articles. It’s an

easy way to stay informed and it doesn’t take any time out of my schedule at all, because if I wasn’t reading, I’d still have to be standing there in line.

Google News is my main choice to check up on current issues, but there are tons of other websites and content aggregators that are great. Reddit, for example, often has posts featuring domestic or international political issues. It’s a great site to use when you want to find out more about an issue and the comments are much more intelligent on Reddit than one might think, so it’s also a great way to understand the differing viewpoints on an issue.

Reading a book might be the toughest method for col-

lege students, because who wants to read a political book when you already have 10 other books assigned to you for class? Strangely enough, however, for me, taking the time to read a book that’s not assigned to me helps me for classes in two major ways.

One is that when you read for fun, it’s easier to read assigned content. You’re probably a faster reader and you view it as a leisure activity instead of an assignment — both of which help when you’re in the midst of a somewhat dry calculus textbook.

The other is that you can often tie in your political reading to other courses. The more examples you have to draw on and the more information you can pull

out of your brain, the easier it is to write an essay or a paper. I can’t tell you how many times I’ve cited a book I was reading for fun when I realized that it contained something I could use for a paper I was writing.

It’s obviously different for everyone, but the fact of the matter is that there are countless ways to stay connected to the political world. It may be a slight time investment or it may not be much of an investment at all, but I think you’ll be surprised at how much more informed you can be if you just read a couple of articles a week.

Joshua Madden is a non-degree seeking graduate student. Please send comments to opinion@kstatecollegian.com.

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Textbook rentals not a viable option for all college students



Karen Ingram

As a nontraditional student paying my own way through college, I'm always trying to find ways to save a few bucks. When rental textbooks became available at Varney's Bookstore, I was among the first to give them a try. After a couple of semesters, however, I came to the conclusion that, in my case, they were not a viable option. This may not be the case for all students, but for me and others in my similar circumstances, buying used books and selling them at the end of the semester is the way to go.

As I stated, I am paying my own way through college via loans and grants. My parents are not paying for any of my tuition. Subsequently, I have money at the beginning of the semester when I get my financial aid, but usually by the end of the semester I'm pretty broke, no matter how much I save on textbooks in the beginning.

Take for example this fall's Introduction to Literary Studies textbook, listed on varneys.com as "Compact Bedford Intro to Literature." A new textbook is listed at \$82.45, a used textbook at \$61.85 and a used rental at \$30.59. The difference between a used and a rental textbook is a savings of \$31.26, but when you take into account the amount you get back if you sell the textbook back to Varney's — \$25.00, according to the store's Facebook app — you're really only saving \$6.26.

There are a few things to bear in mind, here. First of all, this is just one textbook I chose at random from a common English class because I am an English major. The savings in rentals may be more dramatic with other textbooks. Also, this is only one textbook, and most students take at least three or four classes per semester, so the amount saved getting rentals does add up quickly, especially if you take



Illustration by Erin Logan

into account all of the textbooks you can rent in the whole of your academic career.

However, you do not get any money back when you return a rental. As I stated earlier, I usually need that money at the end of the semester, so getting \$25 in cash for one textbook is pretty nice if you're down to ramen noodles and peanut butter in the pantry. Do rentals save more in the long run? Yes, but I need the money more at the end of the semester.

Again, this does not apply to all students. Many here are not paying their own way through college, so their income is more flexible and disposable than mine is. As a matter of fact, some students don't even bother to sell textbooks back at the end of the year. We cleaned up the Collegian newsroom recently and found a huge stack of abandoned textbooks. Most were more than 10 years old, but a few were more recent. Out of curiosity, I took a stack of 10 of the newest ones to Varney's to see if any of them were sellable. Only one of them was, but I got \$29 for it. For students like me who need every penny, especially at the end of the semester, \$29 can make a huge difference. It can buy a little food and a little gas for my car. It can pay all or most of my power bill.

It can save me from having to beg my parents for money.

For those of you looking to save money, e-books are another option. Again, they are generally cheaper than buying new or used books, but like rentals, the downfall is that you do not get any money back at the end of the semester. Plus, if you drop a class, there is no way to return the book once it's been activated. This has happened to me once, and I will never buy an e-book again for that reason. The extra room in my backpack is nice, but on the off chance that I have to drop or change classes for some reason, I can't afford to be out \$30-\$50 because the book is nonreturnable.

For students who are so financially stable that they would throw their textbooks away because they can't be bothered to take them back to the store for a refund, it probably doesn't matter if they buy new, used, e-books, rentals or search the Internet for deals. For students like me, I say buy a used book somewhere as cheaply as you can and sell that bugger back. You may not save as much in the long run, but you get cash when you need it the most.

Karen Ingram is a senior in English. Please send comments to opinion@kstatecollegian.com.

Renting textbooks saves money, prevents hassle



Catherine Doll

The cost of college is rising, and books are no exception.

In preparation for fall classes, I put all my classes into the Textbook Finder on varneys.com and checked out pricing. Call me nerdy, it's OK.

Let's face it, there aren't many of us who want to keep these books forever. We want to pass the class and recoup our funds. You can find textbooks at yard sales, on Craigslist and on multiple book-selling websites. The prices at the local bookstores are insane, and the buy-back they offer is sometimes even more ridiculous and insulting. What's worse, if the professor decides to move on to a new book at the end of the semester, you're stuck.

Rentals, on the other hand, have to be accepted back regardless of whether or not the professor will be using it again. They also do not have to be in the best condition. I know someone who spilled red Kool-Aid on his rental, and even though some pages were stuck together and a little moldy, his rental was still accepted. No questions were asked. That's the kind of policy after my own heart. Between my children, pets and my hectic life, there is bound to be something spilled on a book in my possession at some point during the semester. I do my best to avoid mishaps, but even I am not prepared for all possibilities.

Renting textbooks is similar to buying a used car. Someone else has

already taken the hit on the inflated pricing, and now you can slide into the same book at a much more reasonable price point. This gives you some extra spending cash, which is always helpful when it's time to update your purple wardrobe, or decorate a new dorm room.

One of the two books I need for my philosophy class costs \$29.95 if I buy it new at the beginning of the semester. Sadly, this book is also currently unavailable for purchase at Varney's. However, the rental price is a mere \$10.36, and I can have that shipped or pick it up during lunch. There is simply no way I'm going to spend almost triple the cash for the same book.

Rentals can also save you precious time. At the end of the semester, there is always a long line of students trying to sell back their books. There is never a line for rental returns. You can mosey into Varney's during lunch and still have time to grab a bite to eat before heading back to work or class. Better yet, you can beat the traffic out of town on your way home for break.

I may not always make the most sound financial decisions. I own an iron that I never use. I pay for way more cable channels than I have ever watched. I have a pair of red high heels that I have honestly never worn. This one is a no-brainer. After comparing the prices for buying versus renting, renting textbooks saves me approximately 60 percent per class. There is no guesswork here, there is a clear savings on renting books. I can put the saved money toward other school supplies. Or a parking pass. Or shoes.

Catherine Doll is a junior in mass communications. Please send comments to opinion@kstatecollegian.com.



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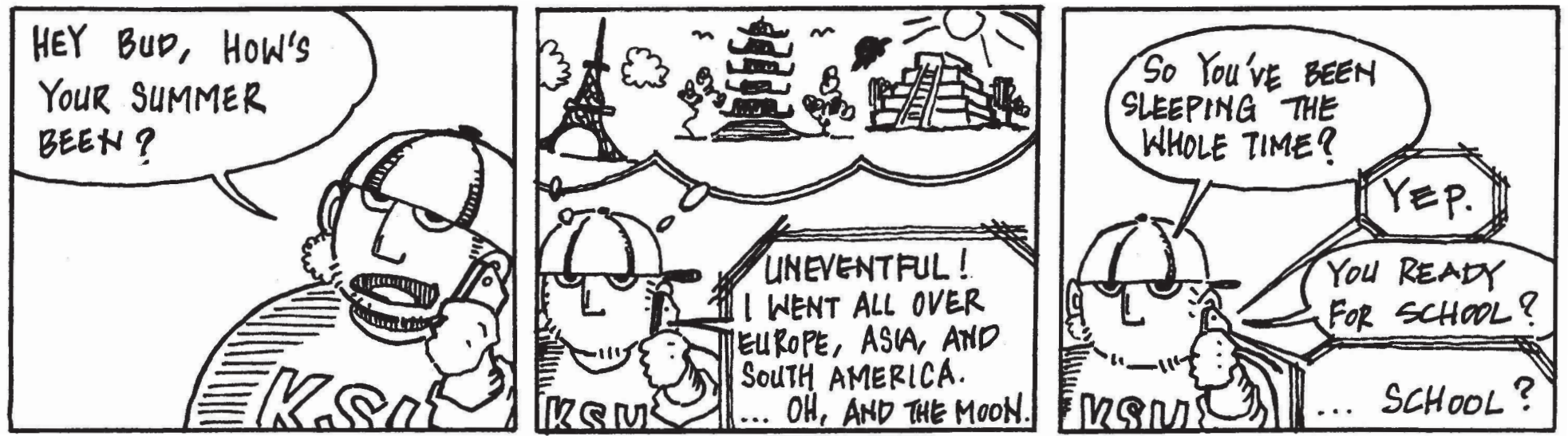
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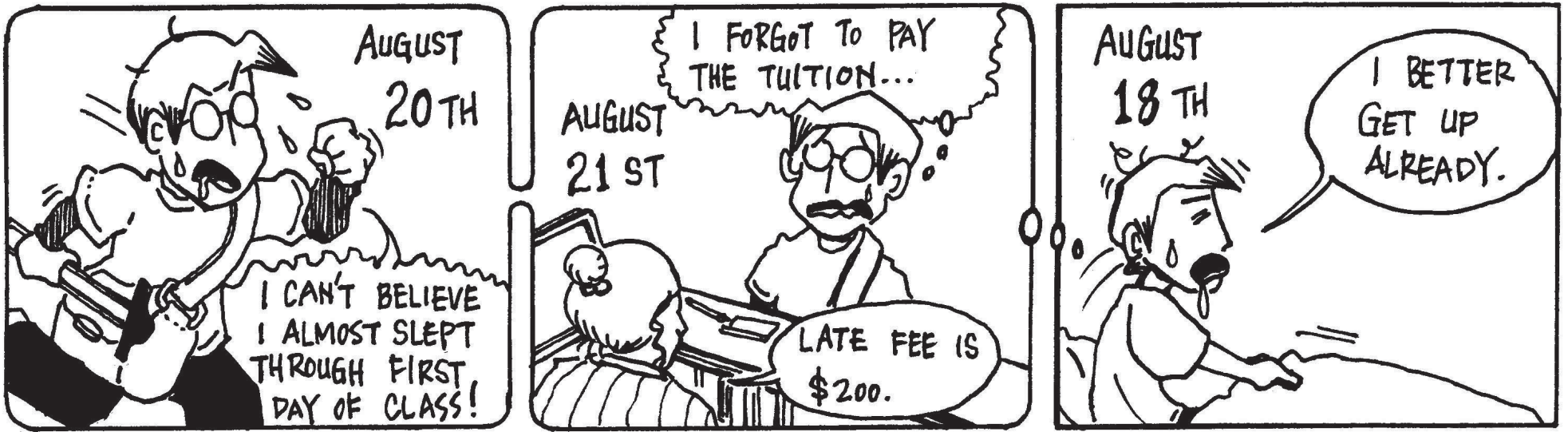
Sweet Dreams

By Yosuke Michishita



Nightmares

By Yosuke Michishita



Conceptis Sudoku

By Dave Green

	4		8	6			
3				7	6	8	
			1			5	
4			5			2	6
		5	4		1	9	
9	1			2			3
	8		4				
	9	3	1				5
			3	9		1	

Difficulty Level ★

7/02

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Conceptis Sudoku

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	3			5			
1	4		9	3			
		6	2				
	9	1	3				7
	8			9		1	
4				7	6	5	
				4	9		
			5	3		6	4
			8			2	

Difficulty Level ★★

7/03

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Conceptis Sudoku

By Dave Green

		7	8	6	3	2	
	5						4
3							
4							
8			9	6	7	1	5
6							2
9							6
	3					7	
		6	2	5	4	3	

Difficulty Level ★★★

7/04

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7-5 CRYPTOQUIP

LZN EYVAXOA AY MXAXSCZVX
IGZEG OZMX ZO BLHX AY
LX CYSX EYVRZVEZVNHT
IGZVT: AGX OVZRXH IBS.
Yesterday's Cryptoquip: THAT GUY ALWAYS
INVENTS UNTRUE STORIES ABOUT HIS
BREWERY TUBS. HE'S REALLY A BIG VAT LIAR.
Today's Cryptoquip Clue: O equals S

7-17 CRYPTOQUIP

AHWRZ FPHA ZWCHWZ HA
GZZXZN OJ GS OAHWC E
ZOVIZEW XUEFXHAP, SIO RIOUN
REUU HF FOVGIF-RPEVCZN.
Yesterday's Cryptoquip: MILITARY UNIT
SPECIALLY EQUIPPED TO PROTECT AN OLD
SITCOM TITLE CHARACTER: THE MAUDE SQUAD.
Today's Cryptoquip Clue: H equals I

7-19 CRYPTOQUIP

QR E DVEZJ-RXEGTXBXO ZBKA
AXBX GK DXTEHX HXBW
AEZJQVW, WKN ZKNVO
ZEVV QG E BEHXF VNFEGQZ.
Yesterday's Cryptoquip: WHENEVER I SKETCH
A ROUGH DRAWING OF TV'S HERMAN OR LILY,
FOLKS SAY I'VE CREATED A MUNSTER.
Today's Cryptoquip Clue: W equals Y

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